

COVID-19 Playbook for Lutheran Outdoor Ministries Indiana-Kentucky (LOMIK)

INTRODUCTION

We all know that information surrounding COVID-19 is constantly evolving. As we continue to monitor updates from our local, regional and national governing bodies, we will continue to update and adapt our own practices. This playbook highlights what Lutheran Outdoor Ministries Indiana-Kentucky (LOMIK) is currently working towards for all onsite residential programs.

We will host residential camp experiences that will look different than they have in other years. This playbook outlines many of the changes that will occur throughout our programs. We know that some of these procedures will continue to change as circumstances and our knowledge evolve. Items we feel are likely to change before the start of camp have been marked with an asterisk (*).

In our planning for residential programs we have exhaustively looked through research from other camps, organizations and congregate living operations to design the most realistic and targeted mitigation strategies. It is important to note that despite the best practices that exist, there is no way to guarantee that COVID-19 will not enter our camps. We, therefore, have taken the approach of assuming the virus will enter. To this end, we have focused our measures on rapid detection and other practices to prevent the virus from spreading.

Having piloted these protocols the past two summers, our staff are trained and will be updated throughout the summer camp program. To help us all work together, we ask that individuals or families sending their children to camp review this playbook prior to registration and arrival. Any questions, concerns or comments should be directed to our COVID-19 response team via email info@lomik.org

COVID-19 SYMPTOMS

Currently the primary symptoms of a COVID-19 infection include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Headache
- New loss of taste or smell
- Sore throat
- Muscle or body aches
- Congestion or runny nose
- Nausea or Vomiting
- Diarrhea

There is an overwhelming amount of information available regarding COVID-19. These guidelines will be used as the first criteria for entering any of our sites. If a participant has any of the symptoms listed above they should consult with their health care provider before coming to camp. * A negative test of a symptomatic individual may be required prior to arriving at camp. This will be determined on a case by case basis. *If they have had **close contact**, defined as being within six feet of a confirmed COVID positive person for at least 15 minutes over a 24-hour period, they will need to self-quarantine based on current guidelines.

KNOWN AND PROBABLE RISK FACTORS FOR SEVERE COVID-19 ILLNESS

We know from research from the Center for Disease Control (CDC) and others that children with certain conditions might be at increased risk for severe COVID-19 illness. If any participant (or family member) is considered high risk, we highly recommend they consult with their medical provider to assess the risk of attending a residential program. Our COVID-19 response team is also available to help assist you in thinking through what living in a residential program may mean for you or your child.

While most of our campers are of an age that is not at high risk for severe COVID-19 complications the following conditions can increase that risk:

- Asthma and other chronic lung diseases
- Obesity
- Diabetes
- Medical complexity including:
 - Severe genetic and neurologic disorders
 - Inherited metabolic disorders
 - Congenital heart disease
- Immunosuppression due to malignancy or Immune-weakening medications
- Chronic lung, kidney, liver, heart and blood conditions

BEFORE CAMP

Before participants arrive for their week at camp we will collect health information. These forms can be accessed online when registering. In order to ensure health information is the most up-to-date, the health form should be completed or reviewed in the month prior to camp.

COVID-19 PRE-SCREENING

In addition to our regular health form, all 2022 programs require a COVID-19 pre-screening. Participants will be asked about any symptoms or possible recent exposures. *We understand that these recommendations may change significantly in the next few months*

SYMPTOM MONITORING *

During the week prior to camp, we ask campers and staff members to self-screen for COVID-19 symptoms and should include daily temperature check if any symptoms are present. If symptoms appear prior to arrival at camp, consult your health care provider. Testing will be handled on a case-by-case basis.

If anyone arrives with symptoms associated with a COVID-19 infection, we will test on site and potentially not be able to allow them into the camp. We completely understand how disappointing this may be for some participants. However, for the safety of our entire community, meeting admission criteria into camp is critically important.

ARRIVAL AT CAMP

We ask that all parents and guests stay home if they have any illness symptoms that are associated with COVID-19. We also ask that parents be evaluated by their healthcare professional and contact the camp if they become symptomatic during any point between one week prior and through their children's stay at camp.

HEALTH CHECK-INS AT ARRIVAL

For all participants arriving on-site, we will conduct health screenings and will ask COVID-19 specific screening questions at registration. Campers who show COVID-19 symptoms or have high been exposed to COVID-19 in the preceding 10 days will not be permitted to enter camp, without further evaluation and/or testing. For campers who have medications, there will be a separate health station where meds can be dropped off and the camp Health officer informed of your child's daily medical routines.

DURING CAMP

As we remain attuned to the Indiana Department of Health guidelines and our local county health department guidelines, we may need to adjust our camp capacities to accommodate spatial distancing requirements. We will modify our programs to be outdoors as much as possible. This means that your camper should pack accordingly for all types of weather. Campers should also bring, keep track of, and only drink from their own personal water bottle.

CLEANING, HANDWASHING & SANITIZATION PROCEDURES

LOMIK has significantly increased its cleaning, handwashing and sanitization procedures. Stations containing hand sanitizer will be located conveniently throughout the camps, including near restrooms, eating areas and cabin entrances. Door knobs, handles and other high touch surfaces will be wiped with antibacterial spray frequently. Bathrooms and shared spaces will be cleaned and sanitized multiple times per day.

MASK WEARING POLICY *

Masks will NOT be required while campers and/or staff are at camp.

CABIN FAMILIES

While we have outlined pre-camp instructions and campers/staff will not be permitted to enter camp when exhibiting COVID-19 symptoms or a confirmed positive COVID-19 test. No self-imposed quarantine or test is 100% accurate. Personal items, personal equipment or clothing must not be shared with campers from another cabin. Daily symptom checks will be required for all campers and staff.

POLICY & PROCEDURES FOR SUSPECTED COVID-19 SYMPTOMS

If a camper or staff member begins to exhibit symptoms of COVID-19, they will immediately be isolated and the camp doctor consulted per our infectious disease protocol. If recommended by the camp doctor, the emergency contact will be notified and will be required to test on site or pick up the camper immediately.

AFTER CAMP

As campers and staff return home to family and friends, we strongly recommend that they limit their interactions for two weeks, with anyone considered at high-risk for a severe COVID-19 illness. If your camper exhibits COVID-19 symptoms or tests positive within 14 days of returning home, **please contact camp immediately** so we can take appropriate measures to inform other camp families as necessary (while maintaining your families' confidentiality).